

MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE LGBT COMMUNITY CENTER
315 W. COURT STREET

FOR CURBSIDE PICK-UP
FEBRUARY



MKE LGBT
COMMUNITY CENTER
Be yourself

DINNER PLANS?

WEDNESDAY, FEBRUARY 23rd

MENU

Italian Sausage
Marinara Sauce
Pasta Salad
Italian Green Beans
Crusty Roll
Cran-Apple Juice
Clementine

WHO Anyone 60, or Older
WHAT Dinner Carry-Out 3:00 PM
WHEN Every 4th Wednesday
WHERE MKE LGBT Community Center
ADDRESS 315 W. Court Street
COST \$3.00 Suggested Contribution
RSVP Call 271-2656 by NOON
Tuesday, February 22nd

JOIN US!



MILWAUKEE COUNTY SENIOR DINING
1220 W. VLIET STREET, SUITE 302 MILWAUKEE, WI 53205
COUNTY.MILWAUKEE.GOV/AGING/DININGMENUS



Suggested Contribution

\$3.00

60+

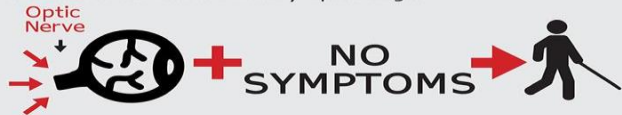


Glaucoma

What is it?

Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.

Most common form: Primary open-angle



What are the numbers?

2.7 million people
in the U.S. have **glaucoma**



**50%
KNOW**

**50%
DON'T KNOW**

By **2030**,
4.2 million people
in the U.S. will have **glaucoma**



Who's at higher risk?

African Americans 40+

Everyone 60+
especially **Mexican Americans**



**with a
Family history of glaucoma**

What to do?



**Get a comprehensive
dilated eye exam
every 1-2 years**

**Early detection and
treatment can help
save your sight**



Where can I learn more?



Visit

<http://www.nei.nih.gov/glaucoma>

Source: National Eye Institute, 2013

AFRICAN AMERICANS and Eye Health: Glaucoma

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

GLAUCOMA

Glaucoma is a group of eye diseases that can damage the optic nerve. Glaucoma affects side or peripheral vision first. African Americans are at higher risk, starting at a younger age.



**How can
you focus on
your vision?**

If you are 40 or older,
have a comprehensive
dilated eye exam
every 1 to 2
years.

**MORE THAN
520,000
AFRICAN AMERICANS
HAVE GLAUCOMA.**

**MAY EXCEED
860,000
BY 2030**

HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

1 Get regular
comprehensive
dilated eye exams.

5 Control your
diabetes.

2 Know your
family's eye
health history.

6 Quit smoking
or never start.

3 Maintain a
healthy weight.

7 Wear sunglasses
when outside.

4 Eat a nutritious
diet.

8 Wear protective
eyewear.

**For more information about eye health, visit
www.nei.nih.gov/glaucoma**



National Eye Institute



A program of the National
Institutes of Health